



August 2021

Ostomy Association of the Houston Area

AFFILIATED SUPPORT GROUP

"We help ourselves by helping others to help themselves."

We are a volunteer-based organization dedicated to providing education, information, support and advocacy for people who have had or will have intestinal or urinary diversions.

P.O. Box 25164
Houston, TX 77265-5164
www.ostomyhouston.org

Happy Runner

by Kathleen Duplessis

On the 4th of July, I celebrated Independence Day by running in a 5k race and was ecstatic to learn I placed in my age group! Running with an ileostomy, I need to be very careful, so, before I sign up for a race, I thoroughly check out the on-line race day information to make sure the race is well run. I ran the Michelob Ultra 5k and the Bud Heatwave 5 Mile Run, which were in Baytown. The race had a great group of sponsors—this is very important! Water stations were set up approximately every mile with water and Gatorade, some stations had sponges/towels and water hoses. Volunteer course monitors were positioned all through the course. The post-race party boasted ice filled tubs with all types of beverages, delicious sausages, water melon slices, coconut ice cream bars and of course, beer—yes, some folks will drink beer after running a race even in the early hours of the morning!

The race began at 7 am with the faster runners in front of the pack and slower runners/walkers towards the back. I was right in the middle with plans to run at a comfortable pace, continue to hydrate and slow down to a walk if needed. I always run with my own water/Gatorade and I know I won't have any problem at this race if I need to replenish my water bottle. I had a great run and ended up finishing with a 31:42 time (10:14 minute per mile pace) and placed 2nd in my division—what a thrill! As I checked out the race results, I realized that I was only 40 seconds behind the winner of my division and only 49 seconds ahead of the third-place runner. This was a close race for the ladies in my division

and watch next year because in November, I will move into an older division and will have the advantage of being the younger age in my division. Funny how that works, runners love to get a year older when it moves them into a new division.

As I look back on the past 18 years as an ostomate, I can see that my ostomy surgery was the right decision for me. I decided before I had my surgery, I was not going to let it rule my life and keep me from doing the things I loved. One of those things included running, which became more and more difficult and later impossible as my UC and Crohn's disease started to rule my life. After my surgery in November 2003, I no longer had to deal with an unhealthy colon, fistulas, Remicade transfusions, and numerous medications, all of which made me feel so ill. After surgery, I gave myself one year to get back in shape. I planned to run a half marathon. A half marathon is 13.1 miles and prior to my surgery I had completed a few half marathons and 3 full



Continued on page 2

We are a health support group, a non-profit, tax-exempt, organization of volunteers whose purpose is to provide mutual aid and education to persons who have ostomies and to their families. We are a Texas non-profit corporation. Membership fees and donations are tax deductible.

Patient Visiting and Support Services

Doctors and WOC Nurses, please note:

Upon request from a doctor, nurse, or social worker, a specially trained visitor will be asked to contact an ostomy patient by phone or visit them in person before and/or after surgery. The visitor will be matched as nearly as possible according to sex, age, and type of ostomy. The visitor does not give medical advice, and there is no charge for this service. Please contact our Visitation Coordinator, Marian Newman at 713-392-5768, or newmarian@gmail.com.

In This Issue

Happy Runner	1
Group News.	2-4
Message from the Board.	3
Post Ostomy Surgery: Do's and Don'ts of Exercise	4
Meeting Dates/Times	5
Opportunities and Announcements	5
WOC Nurse Listing.	6
Advertising Support	6-9
Membership Information.	8
Ostomy Academy.	9
UOAA Conference 2022	9
Contact Information	9

Central Group News

Central Group did not meet in July. Our plans were to host our Certified Ostomy Visitor Training Workshop on July 19th. Unfortunately, the attendance was so low, we had to make the decision to cancel it. As most of you know, holding Visitor Training is a condition of our membership in the UOAA. In addition, our primary mission as an organization is to provide support to ostomates through this program. So, don't worry, we are planning to reschedule it for early 2022. We are planning to revise the Visitor Training we have done in the past, with a goal of having more involvement from our satellite groups. Stay tuned for updates!

The UOAA now hosts a quarterly **Ostomy Academy** presenting educational webinars for every ostomate. All are welcome to join these webinars. The next one is scheduled for **Tuesday, September 14th at 5:00 p.m. CDT** and you can register on the UOAA website under the EVENTS tab. If you missed the first Ostomy Academy webinar it featured very informative talks by professionals in their fields on hydration, nutrition, and physical activity and you can watch it on YouTube. For more details, please see the article in this newsletter. Here is the website:

[Ostomy Academy](#)

The Central Group will be meeting on the third Monday, August 16th at the Tracy Gee Community Center, 3599 Westcenter Drive, Houston, TX 77042 at 7:00 p.m. Please join us and feel free to bring family and friends.

Kathleen Duplessis, President, OAHA, 713-299-3180

HOPE—TCH Woodlands, Pediatric Group News

The HOPE group will not be meeting in July. You are welcome to join the Sugar Land Group Virtual Meeting on July 15, 2021.

MaryAnne Lewis, maryannelewis@hotmail.com or 281-948-1490

Happy Runner *(Continued from page 1)*

marathons. Well, as it turned out, that one year turned into two years as I had some complications and had to undergo another surgery. Finally, I managed to run my first half marathon two years after my ileostomy surgery and man did I feel good! I was so happy and knew I was running faster and better—what a great feeling! Between that first post-surgery half marathon and today, I have completed 5 marathons including a PR (personal record) at the Mohawk Hudson River Marathon, which qualified me to run in the Boston Marathon—which of course, I completed in 2012!! I am a happy runner (with an ileostomy)!

Please, always check with your medical professional before you begin any type of exercise program.

Northwest Group News

Northwest Group July Ice Cream Social / August Program

Patti and Billy hosted the annual Ice Cream Social at their home on behalf of the Northwest Group with invitations to all Ostomy Association of the Houston Area members and their community comprised of family and friends. 36 people attended this event including Cindy Barefield, Pat Thompson, and several active members of the Northwest group. Their grandkids Raylene and Greyson were the big hit of the gathering.

They served a variety of homemade ice cream made with lactose-free milk with flavors of Cherry, Peppermint, Butter Pecan, Cookies and Cream, and Pineapple. Peach tea, lemonade and water were provided. Several people brought cookies as well.

Patti, a Master Gardener, offered a custom tour of her gardens and answered a variety of plant related questions. Excitement rose with the door prize raffle that followed. There were numerous winners of books, art works, and other collectibles.

Next month, the Northwest Group will meet August 18th at 7:00 p.m. This meeting will be virtual. Please contact your group leader for meeting login credentials if you would like to join us.

Billy Locke
337-515-6354

Photos by Laurie Pitzer



Sugar Land Group News

The Houston Methodist Sugar Land Ostomy Support group met virtually on July 15th at 6:00 p.m. We had 13 attendees and Joan Burnham RN, presented Look Out, Here It Comes! – Stomas and Output. The presentation discussed the various types of stomas and then Joan went into detail about each stoma and what to expect from them.

Urostomies should have a very light yellow to a pale yellow output, but darker colors may be seen with dehydration or illness. Urine should not be thick or soupy but very liquid like water. A urostomy bag should be emptied at 1/3 full as liquid tends to weight more, this means emptying every 2-4 hours. At night use of a foley bag that connects to the urostomy bag spout is available. Cloudy urine is not normal, nor is a bad, fishy or sweet odor – a physician visit is needed in these situations. Other colors of urine that should lead you to the doctor include tea colored, red, brown, or purple urine. If you have green or blue colored urine it is usually related to a food dye and is not an emergency.

The presentation then addressed intestinal stomas, the ileostomy and the colostomy.

Ileostomies are formed from the level of the small intestine. Because the food from this part of the digestive system is still being broken down, it tends to have a very strong odor due to the digestive juices present and the stages of bacteria breaking down food causing gas and smelly gases. Output from ileostomies will be more liquid than solid but can vary based on food eaten and hydration status. It is suggested to empty your bag when 1/3 to 1/2 full. The use of a solidifier tablet or sachet at night can help firm up output and decrease the need to get up to empty the pouch when sleeping. The solidified stool is safe for flushing and septic tanks. It is important to watch the volume of stool and if looser and liquid be sure to increase your fluid intake to replace the fluids lost. Hydration solutions are recommended to help replace any lost electrolytes with diarrhea.

Colostomy output tends to be more solid and matches up with a normal bowel movement that is passed through the anus. Consistency may be related to hydration and specific foods. If you eat foods that caused diarrhea or constipation prior to your stoma, those same foods will cause the same effect with your stoma. “Pancaking” when the stool blocks the opening of the bag by stacking up and possibly pushing the bag off the abdomen, can be corrected by increasing fluids and fiber. Another option to prevent pancaking is to lubricate the inside of the pouch and having some air inside the bag to allow the stool to fall to the bottom of the bag. Joan reviewed the various forms that poop takes from liquid to dry hard balls. Ideally, the stool is the form that is soft with or without small cracks in the surface. The color of your stool is also something to pay attention to as some colors are a symptom of a problem. Dark red, bright red and black tarry stools are a sign of intestinal bleeding and require medical care. Yellow or clay colored stools are possible changes in your liver or gallbladder function and do deserve a physician visit. Food choice can also cause

changes in your poop, such as eating green or purple color food can change your poop to a green color.

After the presentation, a question and answer session addressed odor of stool and possible options to contain the smell when using closed disposable bags. Group members offered use of bleach in the outdoor trash can, use of scented trash bags, use of deodorizers, like m-9, use of the Diaper Genie®, or the extreme of placing the closed trash bag in the freezer until trash day pickup! Suggestions for slowing output when changing your bag included use of marshmallows or low fiber bread products. A question about use of hydration solution and any food to help absorption was answered to suggest low fiber foods like saltine or crackers may help.

Joan asked for suggestions for next month’s meeting and was rewarded with a request for something on the effect of medications on stomas and output. Joan thanked everyone for their attendance.

Next meeting will be August 19, 2021 at 6:00 p.m. and the topic will be “NO, NO, Not That One! – Drugs and Stomas”

Meeting announcement:

Please join us for “NO, NO, Not That One! – Drugs and Stomas” a presentation on medications that can cause problems with stomas.

Joan Burnham, MSN, RN, OCN, MEDSURG-BC
Oncology Nurse Navigator
281-274-0188 jmburnham@houstonmethodist.org

A Message from the Board

Did you know the Ostomy Association of the Houston Area supports a scholarship to Houston area nurses interested in wound, ostomy and continence nursing? The OAHA along with RJ Poonawala at Spring Branch Medical Supply (one of our friends and a long-time advertiser in our newsletters) contribute matching funds totaling \$4,000 to assist a nurse pursuing the WOC specialty. The scholarship is administered through the south central region of the WOCN Society. The OAHA Board is happy to announce that they have a candidate for the upcoming year. As soon as the scholarship is finalized, we will share information on the recipient. Some of the qualifying criteria for the scholarship includes the applicant must live in the Greater Houston Area (100-mile radius) and the course of study must include Ostomy care. A big thank you to all who have helped by paying their membership dues (if you haven’t, it’s not too late) and those who have donated to the OAHA—your support helps us make a difference for the ostomy community in the greater Houston area!



Baytown Group News

Baytown Ostomy Support Group met virtually on Monday, July 19th. I appreciate John, Ray and Irma who have been faithful about calling in for Support Group Meetings! Edgepark representatives, Joel Murphy, Territory Manager and Steve Nevil, Regional Sales Manager joined the call and shared some great information about their company.

In a PowerPoint presentation, Joel pointed out that Edgepark is a business unit of Cardinal Health and is a leading provider of medical supplies in the home. They provide 40,000+ products from 700+ manufacturers for 1400 healthcare plans. Ostomy is only one of the lines that Edgepark provides. (They also work with Diabetes supplies and Breast Pumps). Steve offered additional information on programs that allow you to structure your ostomy supply orders. The "ContinuCare" program allow a choice of items to be scheduled, at intervals you designate. Many health insurances allow you to order 3 months of supplies at a time and this allows for re-order of only 4 times per year and much less hassle for you!

Joel and Steve encouraged John, Ray and Irma to share their past experiences with ordering ostomy supplies and this resulted in a great exchange amongst the group. Joel clarified several questions from the group. Edgepark works in partnership with your provider. If your prescription changes, you will need a new script. If you have the same type of product but change the company you are using, you would not need a new script. Medicare does not allow Edgepark to ship supplies if a patient is receiving services from a DME. Expectation for average patient is that orders will ship in 1-2 days. Advice for a new ostomy patient is to set up their account immediately (before they are thinking about placing an order). This will allow Edgepark to quickly establish an order and send it out once a script is received.

Baytown Ostomy Support Group will continue to meet monthly. Our next virtual meeting is scheduled for Monday, August 16th at 6:00 p.m. Presentation is to be determined. We have several ideas in the works. We would love to have you join us. It's always good to "see you".

Sincerely,

Cindy Barefield, BSN, RN-BC, CWCN

281-428-3033, cbarefield@houstonmethodist.org

We encourage you to bring your spouse or significant other and members of your immediate family to our meetings.

Post Ostomy Surgery: Do's and Don'ts of Exercise *Courtesy of UOAA*

Exercising after ostomy surgery is about patience and doing what feels right. It's important to take your time and know your limits. When you begin working out again, you may run into some challenges or limitations. Be patient and don't give up. Before long, nothing will stand in your way.

Optimal Ostomy Exercises

After ostomy surgery, many people may find these activities to be easier than others. But before starting any new exercise, talk to your doctor to make sure you're ready.

Core Muscle Conditioning

People who have an ostomy are at greater risk for having weakened core due to years of digestive or bladder issues, coupled with surgery. Building back core stability and flexibility is important, as it makes exercises and routine activities easier. Here are a few basic exercises to get started:

- Hip Extensions
- Upper Body Extensions
- Arm/Leg Extensions
- Pelvic Tilt
- Bridging



Swimming

Swimming is great exercise. It works your whole body without putting strain or pressure on your stoma. Most ostomy pouching systems are water resistant, even for swimming. First, ensure that your pouching system is securely in place. Then, cover the vent on your deodorizing filter with a filter cover to prevent water from entering the pouch. For more swimming tips visit:

<https://meplus.convatec.com/articles/swimming-with-an-ostomy/>

Walking

Get your steps in. Walking is a simple and energizing way to exercise. When walking, you can build up fitness at your own pace. Walking can also reduce stress and constipation.

Reminder!

Choose an activity you enjoy. Running, jogging, swimming, climbing, skiing; when it comes to working out with an ostomy, you shouldn't be prevented from staying fit the way you want to.

The me+™ recovery series, provides information and support about the importance of movement and physical activity after ostomy surgery.

Editor's note: This educational article is from a UOAA digital sponsor, ConvaTec. Sponsor support helps to maintain www.ostomy.org and the free trusted resources of UOAA, a 501(c)(3) nonprofit organization.

Central Group

Date: Monday, August 16, 2021
Time: 7:00 p.m.
Place: Tracy Gee Community Center, 3599 Westcenter Drive, Houston, TX 77042
Program: TBD
Contact: Denise Parsons 713-824-8841 rockynme2@gmail.com

Baytown Group

Date: Monday, August 16, 2021
Time: 6:00 p.m.
Place: Virtual Meeting (Current Baytown Support Group members have been invited.)
Program: TBD
Contact: Cindy Barefield, CWOCN, 281-428-3033

Northwest Group

Date: Wednesday, August 18, 2021
Time: 7:00 p.m.
Place: Virtual Meeting (Please contact your group leader for log-in information.)
Program: TBD
Contact: Billy Locke 337-515-6354

Sugar Land Group

Date: Thursday, August 19, 2021
Time: 6:00 p.m.
Place: Virtual Webex Meeting (Information is provided in the email of your August Newsletter.)
Program: "NO, NO, Not That One! – Drugs and Stomas"
Contact: RSVP to Joan at 281-274-0188 or jmburnham@houstonmethodist.org
Contact: Joan Burnham, MSN, RN, OCN, RN-BC, Oncology Nurse Navigator (info above)

Woodlands Pediatric Group

Date: No meeting in August—Join one of the available group meetings this month.
Contact: MaryAnne Lewis, maryannelewis@hotmail.com or 281-948-1490

J-Pouch

For J Pouch questions, attend any of our group meetings, or call or text Ron Meisinger at 281-491-8220

Opportunities and Announcements

Use Those Shopping Cards

Kroger (LB326) and Randalls (3698) return a percentage of your purchases to the Ostomy Association on a quarterly basis. For information about shopping cards, please visit the website: <http://www.ostomyhouston.org/>

Anniversary Gift

As you celebrate the anniversary of your ostomy surgery each year, consider making a monetary gift to the Ostomy Association. Checks should be made payable to the ***Ostomy Association of the Houston Area*** and sent to the Treasurer at the address shown below.

AmazonSmile

On your first visit to AmazonSmile (smile.amazon.com), you are prompted to select a charitable organization from the list of organizations. You can change your selection at any time. To change your charitable organization: Sign in to smile.amazon.com on your desktop or mobile phone browser. From your desktop, go to Your Account from the navigation at the top of any page, and then select the option to Change your Charity. Or, from your mobile browser, select Change your Charity from the options at the bottom of the page. Select Ostomy Association of the Houston Area as your charity.

Memorial Fund

Donations can be made to our Memorial Fund to memorialize or honor individuals. Checks should be made payable to the ***Ostomy Association of the Houston Area*** and sent to the address below. When sending a donation, be sure to include the name of the person being honored so that acknowledgement can be sent.

Moving? Changing Your Email Address?

Please make sure we have your current contact information so we can reach you by email, U.S. mail, or phone. Send updates to Lorette Bauarschi at lorette@bauarschilaw.com.

For Anniversary Gifts, Memorial Donations, Mailing Changes, or Sponsorships, please send all correspondence to:

Ostomy Association of the Houston Area
 Attn: Mike McGinity, Treasurer
 P. O. Box 25164
 Houston, TX 77265-5164

(When sending a donation, please include the name of the person being honored so that appropriate acknowledgement can be sent.)



The **United Ostomy Associations of America (UOAA)** can be contacted at:
www.ostomy.org or **800-826-0826**

WOC Nurse Directory

Cindy Barefield, RN, CWOCN (281) 428-3033
Houston Methodist Baytown Hospital
cbarefield@houstonmethodist.org

Pat Thompson RN, BSN, CWON (281) 397-2799
Patricia.Thompson6@hcahealthcare.com



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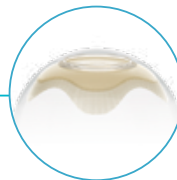
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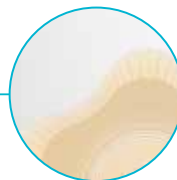
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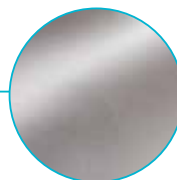
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Membership Application

Membership in the Ostomy Association of the Houston Area requires one easy payment. Please complete the following form and mail as directed with payment as shown. Dues of **\$25.00 per year** are payable to:

Ostomy Association of the Houston Area, Attention: Treasurer
P. O. Box 25164, Houston, TX 77265-5164

Date: _____

Name: _____ Phone: _____

Street Address: _____

City: _____ State: _____ ZIP: _____ E-mail: **(required)** _____

Surgery Date: _____ Birth Date: _____ Sex: ☐ Male ☐ Female ☐ Other _____

Reason for surgery ☐ Crohn's ☐ Ulcerative Colitis ☐ Cancer ☐ Birth Defects ☐ Other _____

In addition to English, I also speak the following language(s). Foreign language spoken: _____

Why do we ask this? We have a patient visiting program and we are occasionally contacted by ostomates who are not fluent in English and we look to our membership to assist with communication.

Procedure or Relationship:

To help us complete our records, please answer the following.

Check all that apply.

- | | | |
|--|--|---|
| <input type="checkbox"/> Colostomy | <input type="checkbox"/> Continent Ileostomy | <input type="checkbox"/> Parent of Child with procedure |
| <input type="checkbox"/> Ileostomy | <input type="checkbox"/> Continent Urostomy | <input type="checkbox"/> Spouse/Family Member |
| <input type="checkbox"/> Urinary Diversion | <input type="checkbox"/> Pull-Through | <input type="checkbox"/> Physician |
| <input type="checkbox"/> Other: _____ | <input type="checkbox"/> J-Pouch | <input type="checkbox"/> Nurse |

*Membership benefits include:
Monthly Support/Information
Meetings, Social Events,
Monthly Newsletter*

☐ I would like to attend meetings with the **(please circle one):**

Central Group Baytown Group Northwest Group Sugar Land Group Woodlands Pediatric Group

☐ I would like to become a member but cannot pay dues at this time. *(This will be kept confidential.)*

I learned about the Ostomy Association from

☐ WOC Nurse ☐ Physician ☐ Newsletter ☐ Surgical Shop ☐ Website ☐ Other: _____

I am interested in volunteering. ☐ Yes ☐ No

I have enclosed an additional \$_____ as a donation to support the association's mission of helping ostomates.

Virtual Ostomy 5k—Worldwide

Join us on Saturday, October 2, 2021 for World Ostomy Day (WOD) with your own 5k at your favorite place to run, walk, roll or pedal! All proceeds benefit United Ostomy Associations of America, Inc (UOAA) charity, a 501(c)(3) organization. Donations are tax deductible. (<https://www.ostomy.org/>)

Gather your family, friends, colleagues and caregivers to celebrate and share this year's WOD message that "Ostomates' Rights are Human Right—anytime and anywhere!"

This year you have the option of registering and receiving your Race Bib (mailed by UOAA), or registering and purchasing your unique World Ostomy Day Race T-Shirt and Bib through our new Online Store! Payment will be made directly to the Store, not UOAA and they will ship your order directly to you.

If you choose to receive on a Race Bib, please register by Monday, September 20th at 11:59 p.m. EST, otherwise your Bib will be emailed to you (includes registrations received by 11am EST on October 1st).

If you choose to purchase the unique 10th WOD Race T-Shirt and Bib for the event, a LINK will be sent WITH your CONFIRMATION EMAIL to place your ORDER through the ONLINE STORE. (Therefore, upon completion of your race registration there will not be any charges appearing on your registration confirmation page.)

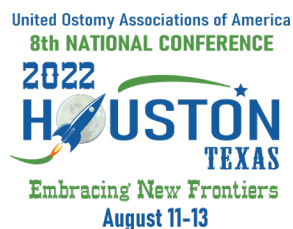
EARLY BIRD SPECIAL! Place your order by August 6th and SAVE \$5.00! Youth and Adult Unisex T-Shirts are \$15.00/\$16.50 or \$17.50 depending on the size chosen, plus S & H. (Prices increase by \$5.00 after August 6th.)

STORE CLOSES on September 10th at midnight. After this date, the store will be closed and no additional orders can be placed.

Orders placed on or before **August 6th** can expect to receive shipment in late August or early September. Orders placed by September 10th can expect to receive shipment prior to October 2nd.

Shirts and bibs can only be shipped to addresses in the USA. Registrants outside the USA, please contact UOAA on shipping options. Additional donations are appreciated to help offset costs. Bib numbers can be emailed worldwide.

More information at: <https://runsignup.com/virtualostomy5k>



The link below will take you to the new 2022 announcement for the UOAA's 8th National Conference which will be Houston at the **Royal Sonesta Houston Galleria Hotel.**

<https://www.ostomy.org/event/ucaa-8th-national-conference/>